

**Schinznach in Switzerland : its situation and therapeutic advantages / by
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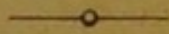


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SCHINZNACH

in

Switzerland.



Its situation and therapeutic advantages

by

D^r de Tymowski,

Resident physician.



With a Preface by

D^r Arthur Hassall, M. D. Lond.



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Preface.

The use of Water as a curative agent dates from a remote period, but at first it was employed only in very simple ways and forms. Originally it was used for the most part externally, as cold baths; the application in the form of douches, jets and sprays being of more recent origin. Soon it came to be used as warm and hot baths; etc.

Except in the case of Sea Baths, but little attention was paid to the composition of the Water, that is, to the nature of the constituents held dissolved in it.

The use of simple water externally applied, either cold or hot, in the treatment of disease, is comprehended in the term *Hydropathy*.

At a later date and as advances were made in analytical chemistry, greater attention came to be paid to the constituents contained in the water and the character and amount of these proved in many cases to be so considerable as to entitle the waters to be called Mineral Waters and these constituents endowed them, even when externally applied in the form of hot or cold baths, with distinct, therapeutical properties and effects. To this more extended use of Water in the cure of disease, the term *Balneotherapy* has been applied.

Still more recently a further very important step was taken in Water Treatment; thus, waters simple and mineral of different kinds, both cold and hot came to be administered internally and this in many cases with very striking results.

The Salts and substances, chiefly the former, contained in mineral waters, are

so numerous and various as to impart to the waters, when given internally, certain specific medicinal effects: — Complex as is their composition, yet in the more valuable of these there are always one or more principal constituents which give to them their chief therapeutical properties. Thus, nearly all Mineral Waters, not including the more simple or indifferent which contain but little mineralized matter, admit of being classified under one or other of the following heads: — the *Antacid* waters containing chiefly carbonate of soda; the *Sool* or *Salt* waters containing chloride of sodium or common salt; the *Aperient* waters which owe their effects chiefly to Sulphate of soda or Sulphate of magnesia; and the *Sulphuretted* waters. It is of the latter that this brochure treats.

Although most mineral waters admit of being arranged under one or other of the

above divisions, yet some of them may be placed under more than one of the divisions, since they contain constituents characteristic of several of the classes of waters.

For a long time Hydropathy, and to a less extent Balneotherapy, were regarded by the orthodox medical man with distrust, nor was this at all surprising, for in the first place, until very recently, the composition and action of Baths, whether simple or mineralized, were but little investigated or understood and in some cases their action was even misunderstood; while in the second place, many of the waters were vaunted to cure all kinds of maladies, even those of a most opposite character. Now, however, that the composition and action of Mineral Waters have been studied and determined and the subject placed on a scientific basis, mistrust has been replaced by confidence; medical men are now fully

satisfied of the therapeutic value of such Baths and Waters and acknowledge that they afford a means of treatment and often of cure in many obstinate and difficult cases, which means it is not possible to carry out except in well appointed Bath and Spa Establishments.

The Sulphuretted Waters form, as we have seen, a separate class, and they fulfil certain special indications and purposes and have a place or rôle to themselves.

Amongst these the Schinznach Water stands at the head of the list, since it contains a larger quantity of Sulphuretted hydrogen than any other known water.

I am myself fully acquainted with the composition of the Schinznach water, with Schinznach itself and with the Bath arrangements and appliances of the Establishment; these are of a very perfect character. I was pleased to notice the clean

and bright appearance of the taps and other metal work, owing as was suggested by myself some time since, to their being plated with nickel; in this way they do not so readily become tarnished and unsightly as is the case in some establishments, by the chemical action of the sulphuretted hydrogen.

Through the kindness of Dr de Tymowski, the resident medical man, I have been furnished with some statistics of the results of treatment by the Schinznach baths and these are of a very satisfactory character, especially in certain chronic skin affections, in chronic nasal, throat, laryngeal and bronchial conditions, and in rheumatism and gout.

Arthur Hill Hassall, M. D. Lond.

LUCERNE, Summer.

SAN REMO, Winter.

August 1886.

CHAPTER I.

History.

More than a century ago, in 1782 Dr Herrenschwand, the physician and Privy Councillor to the King of Poland, was the first to call attention to Schinznach in a description he sent of it to the Royal Society of Medicine in Paris and in which he recommended French people to spend a season at the «Baths of Habsburg», for it was thus at that period the present Baths of Schinznach were named.

Schinznach, in Canton Aargau, is situated on the bank of the rapidly flowing Aar at the foot of the Wülpelsberg, on the summit of which may still be seen the ruins of Habsburg Castle, the birthplace of the Imperial family of Austria. History tells us, that formerly the spring belonged to the village of Schinznach situated on the left bank of the Aar, the village which has now given its name to the present Establishment. After a great overflow of the river, the spring quite disappeared and

was not found again until 1692, by the architect Jenner, 22 years after its disappearance. The spring then appeared in a small island which had formed in the middle of the river and the course of this had to be diverted at great expense and the spring protected by means of dykes against any future overflowing of the Aar.

The first building which was constructed close to the spring is now called the «Old Baths», but as the place became more in vogue the buildings had to be enlarged and at the present moment the Establishment is certainly one of the finest in Switzerland. It gives the impression of quite a little colony without the disadvantage of a town or the isolation of the country. Schinznach formerly belonged to a single individual, but is now the property of a company who spare nothing to keep it at the head of the most important Bath Establishments of the continent and with this object it has been provided with all the most recent improvements. A large well laid out park surrounds the building and this is succeeded by a perfect forest of beech trees of great extent, so that the

visitors can take long walks without leaving the grounds of the Establishment. This is reached from the railway station in a few minutes and consists of a number of pavilions in which are situated the visitors' apartments, these pavilions communicating with each other by covered passages; in the centre is a circular building where are the Baths, the Inhalation Chambers, Douches etc. By this excellent arrangement patients can take their baths without being exposed to the outer air. Somewhat further off are other buildings not quite so well furnished, for less wealthy patients and beyond these again is the Hospital.

In addition to the Bath arrangements there are specially constructed Châlets for drinking the water; two of these are at the eastern extremity of the building, while that at the opposite side is in the open air, having however the advantage of being exactly above the spring, where the water is warmer and richer in gas.

There are two Inhalation Chambers; one of these is on the Waldenburg system. Each patient has his special apparatus, which he can open or close at will. The

water is pumped in at a temperature of 25° C. = 79° Fahr., the vapour thus produced having a temperature of 18° C. = 64° Fahr. During the pulverisation of the water the sulphuretted hydrogen and carbonic acid gas are diffused through the atmosphere of the chamber, there being also a provision for the continuous escape of these gases so as to obviate their accumulation in excess.

In the other Inhalation Chamber the warm mineral water rises in the centre of the room in the form of a fountain from which the vapour and gases of the water are diffused throughout the atmosphere. The patients remain in this Chamber to inhale the vapour for a longer or shorter time according to the nature of the case. In both Chambers the air being charged with the atomized water and the gases, the entrance of these into the air cells of the lungs at each inspiration is insured.

The Inhalation Chambers are employed principally for the treatment of affections of the throat, larynx and bronchi.

Near to these is a third Chamber fitted up with the apparatus necessary for nasal and

naso-pharyngeal douches, so serviceable in the treatment of affections of the nasal and naso-pharyngeal passages.

Every facility is also afforded at Schinznach for carrying out a «Milk Cure», about twenty cows of the best Swiss breed being kept for the purpose.

The efficacy of the Schinznach water is so well known, that the government in authorizing the Establishment obliged the Society to construct a hospital where patients from all parts of Switzerland are treated. The buildings of the Hospital however and all its arrangements are entirely distinct and separate in every way from the Establishment. No communication can take place between the visitors of Schinznach and the inmates of the Hospital, but the erection of this proves in what esteem the water is held. Over 400 persons can be accommodated in the Establishment which is admirably managed, the cooking is excellent and prices very moderate.

The neighbourhood of Schinznach is very interesting and rich in historical reminiscences. From Habsburg Castle is a magnificent and extensive view; at the

visitor's feet are the green, picturesque valleys of the Aar, the Reuss and the Limmat stretching as far as the Rhine and in the background the chain of snow covered Alps. The hills around are surmounted by ruins of old châteaux, some of which are still occupied by their owners or converted into public buildings.

The climate of Schinznach is excellent, especially in summer; the forests surrounding it render it deliciously cool and the flowing river renews and refreshes the air. There are no abrupt changes of temperature, no wind, no dust and Schinznach being 343 mètres = 1125 feet above the level of the sea and almost surrounded by high mountains its climatic advantages are sufficiently explained. The mean summer temperature is 67° Fahr. and it is only in autumn and early in the morning that occasional fogs appear, which however quickly vanish with the first rays of the sun.

CHAPTER II.

Analysis of the Schinznach Water. — The Bathing Establishment. — The Wildegg Water frequently employed at Schinznach.

Different theories have been advanced as to the origin of the Schinznach spring, but want of space prevents us from discussing them here. We will only remark, that the surrounding mountains in their construction possess all the material necessary for the formation of this water and in such enormous quantities, that its impoverishment is impossible. The spring yields no less than 220 gallons per minute.

Numerous analyses of the Schinznach Water, all agreeing with each other, have been made at different times; we annex the analysis of Monsieur Grandeau recently made.

A Litre of the Water contains:

Gaseous Matters

(1 inch = 16.386 c. c.)

Sulphuretted Hydrogen Gas	37.8 c. c.
Carbonic Acid Gas	90.8 c. c.
Nitrogen	00.0 c. c.

Solid Matters

	grammes	grains
Carbonate of lime	0.250	3.860
Carbonate of Magnesia	0.120	1.851
Sesquioxide of iron	0.005	77
Silica	0.011	169
Sulphate of lime	1.091	16.834
Alumina	0.010	154
Chloride of sodium	0.585	9,026
Chloride of potassium	0.086	1.327
Sulphuret of calcium	0.008	123
	<hr/>	
	2.166	33.421

This analysis shows, that the Schinznach Water belongs to the sulphurous and calcareous group, associated with chloride of sodium; moreover the quantity of sulphuretted hydrogen exceeds that contained in all other similar waters. The following table shows this:

Name of Spring	Temp. Cent.	Sulphuretted Hydrogen Gas	Sulphuret of Sodium	Sulphuret of Calcium	Sulphur Grammes
Schinznach	33	0.055	—	0.008	0.052
Enghien	14	0.046	—	—	0.043
Allevard	24	0.038	—	—	0.035
Luchon	66	—	0.077	—	0.031
Barèges	45	—	0.040	—	0.016
Labassère	12	—	0.040	—	0.016
Uriage	26	0.016	—	—	0.015
Cauterets	48	—	0.030	—	0.012
Challes	11	—	0.029	—	0.012
Eaux-Bonnes	32	—	0.025	—	0.010
St-Sauveur	34	—	0.021	—	0.008
Amélie-les-Bains	55	—	0.020	—	0.008
St-Gervais	42	0.002	—	0.008	0.006

Of all the thermal Sulphur Waters in Europe, except perhaps that of Grand Wardein in Hungary, the analysis of which gives results which would appear absolutely impossible, the Schinznach Water contains the largest quantity of sulphuretted hydrogen gas known. This fact gives an especial value to the Baths at Schinznach, particularly too if we adopt the recent

balneological theories on the action of Sulphur Waters. It is known that the quantity of sulphuretted hydrogen contained in all sulphur springs, is very variable; those, for instance, in the Pyrenees, do not contain any at all in the gaseous state. As to the solid matters in sulphur waters, these are so minute that it is difficult to understand how subdivisions of these quantities could be made or any importance attached to them. We will not mention the nitrogenous, nor sulphurated matters, such as barégine and glairine which are formed by the decomposition of the algæ and other cryptogammes and to which it is unnecessary to refer.

At Schinznach much use is made internally of the iodurated and bromurated water of Wildegg, about 2 1/2 miles from the Establishment. This water is principally indicated in affections of the lymphatic glands, in chronic affections of the bones and periosteum, either of a specific or lymphatic nature. The Wildegg water contains 13.049 grammes = 201.34 grains of solid matters per litre and amongst other active principles 8 milligrammes =

0.123 grains of bromine and 30 milligrammes = 0.462 grains of iodine.

CHAPTER III.

Therapeutic Efficacy.

Though for my own part, I do not consider it conscientious to exaggerate the specific action of a water in diseases known to be incurable, at the same time it seems unjust to completely deny their efficacy, and rejecting all evidences of clinical experience to contest the power of mineral waters and rely solely on pharmacodynamic theories. It is an incontestable fact, that baths of natural sulphur waters do cure certain skin diseases, also that sulphuretted hydrogen gas exercises a special and very advantageous effect on the peripheric nerves. As to the theory which attributes to sulphur itself a specific action in the destruction of red blood corpuscles, this has been so much criticised and discussed, that I will not speak of it here and the only real thing to be proved is the clinical effect and the numerous cures

effected by the influence of sulphuretted hydrogen gas, cures which no one disputes.

The sulphuretted hydrogen gas slightly stimulates the mucous membranes and at first increases their secretions, especially those of the nose and pharynx; it induces exacerbation, so to speak, in the morbid processes of chronic inflammation and by this means hastens the cure. It is only necessary to know how to utilize this action and to profit by an opportune moment to apply other remedies. At Schinznach the action of the sulphuretted hydrogen gas has been watched for some time and all its details thoroughly examined and analysed. The inhalation and spray rooms are of the best construction and contain all the latest improvements. Not only simple pharyngitis and laryngitis are successfully treated at Schinznach by inhalation, but also paralysis of the nerves of the larynx, chronic bronchitis and even the earlier stage of tuberculosis, against which, according to the latest experiments by Professor Cantani, sulphuretted hydrogen gas possesses a really specific action.

The Schinznach water has a well me-

rited reputation in the treatment of a number of skin diseases, particularly, general or local *eczema*, *acne*, *psoriasis* and *pityriasis*. After a few weeks passed at Schinznach patients are astonished at the remarkable effects produced in these cases and the same may be said of numerous *scrofulous maladies*, *enlargement of the glands*, *diseases of the periosteum*, the *bones*, etc. At the hospital near the Establishment and which is under the supervision of the Canton Aargau, many serious cases may be observed either rapidly cured or greatly benefitted. *Articular rheumatism* and *chronic muscular rheumatism* are also much benefitted by these baths, especially when vapour baths and «massage», which is much in favour at Schinznach and very efficiently practised, are combined with them. These maladies are also treated by sulphur douches or cold douches, but my own experience has shown that it is necessary to distinguish the cases and that these powerful remedies cannot be used indiscriminately.

I have on several occasions seen remarkable effects in *syphilitic affections*, particularly when the patient has been first

treated by mercury, not unfrequently it is a means of throwing off the mercurialism and its consequences, often considered as the continuation of the primitive malady. Cases of recent syphilis are not suited for treatment at Schinznach, but in later syphilis it may be combined advantageously with the Wildegg water and the administration of the iodides.

To justify my opinion of the Baths, I would add that persons subject to cerebral congestion should avoid Schinznach or take the baths in great moderation, for a few minutes at a time only and never too hot. Such patients however will find a sojourn in this beautiful valley with its pure and temperate air very beneficial. Sometimes anæmic and chlorotic patients weakened by cachexia are sent to Schinznach, but in my opinion unadvisedly. The waters are too strong for this class of maladies and St. Moritz or even the Pyrenees would be more suitable. Some cases of uterine catarrh do well here.

The Bath arrangements at Schinznach are decidedly at the head of the best organised Establishments. The baths and

swimming baths of porcelain are very spacious and the bath rooms very comfortable. By special apparatus the air charged with sulphuretted hydrogen gas is constantly renewed. After a bath it is necessary for the patient to return to bed, as in this way the reaction takes place more quickly and fatigue is avoided. Baths are taken at the almost natural temperature of 89.6° to 91.4° F. and in a very short time the stimulating effect of the gas is noticed.

The Schinznach water is also used for drinking, it has a salt but not disagreeable taste to which persons soon become accustomed. The effects produced by the Baths are no doubt increased greatly by the internal use of the water. A very small quantity is necessary and as it never undergoes any change when once bottled and well corked it can be sent to any distance.

At the Establishment little use is made of the water for drinking purposes because the Baths themselves are sufficiently stimulating and it is not well to push the effect too far. When however the patient has left Schinznach, there is no doubt that excellent effects may be obtained by the use of

half a tumbler of sulphur water morning and evening.

Dr de Tymowski.

GENERAL INFORMATION.

Schinznach, between Basle and Zürich, is a station on the North East Swiss Railway, and is reached from London in about 24 hours. Return ticket for a month about £ 5. 10.0.

The season is from the 15th May to 1st October.

Protestant church.

Post and telegraph office.

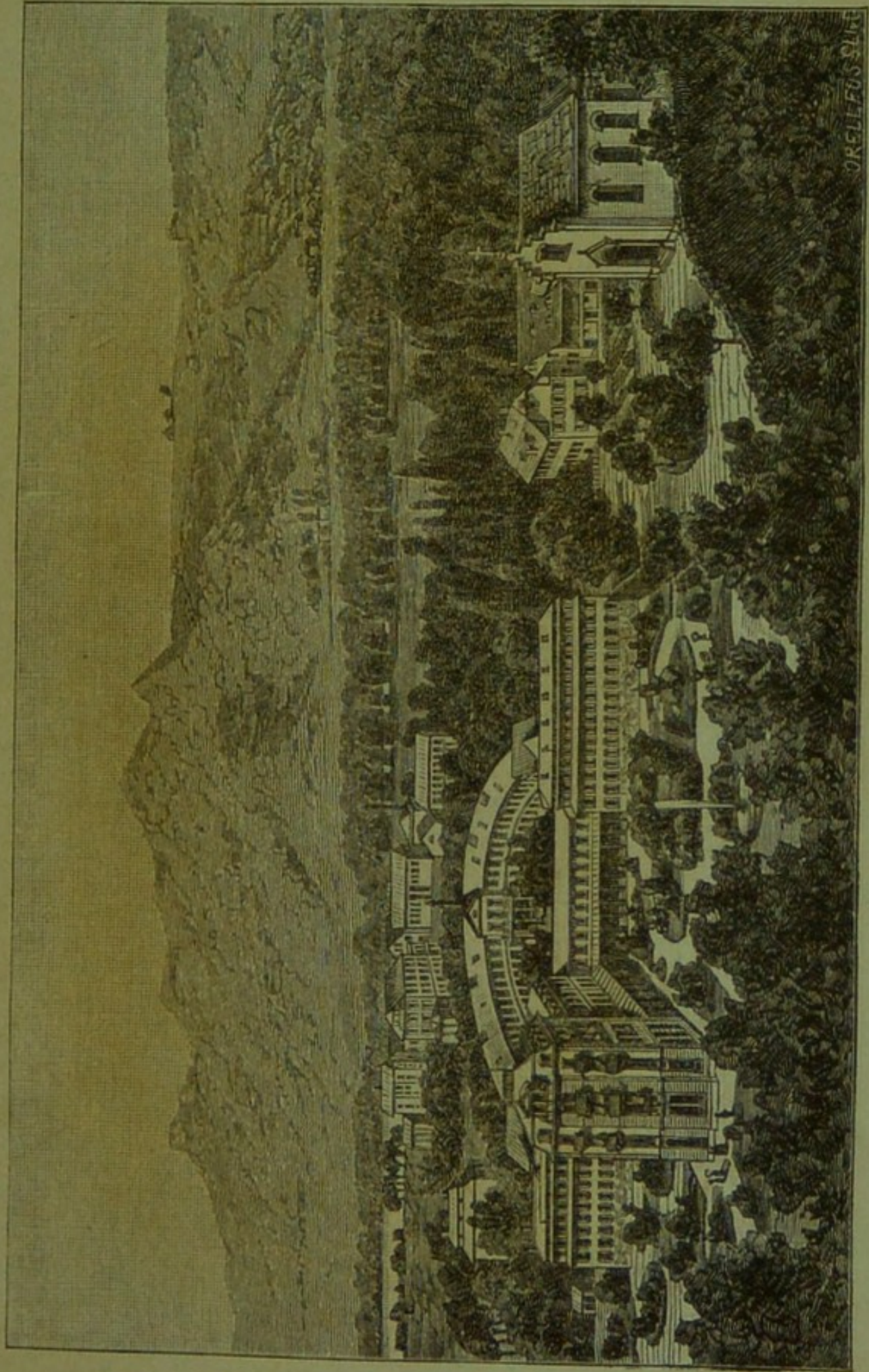
Concerts, balls, and other amusements; walks and excursions of great variety and beauty.

Carriages, horses and donkeys.

There are three medical men, all of whom speak English; Drs Amsler, father and son, and Dr de Tymowski who alone resides in the establishment during the season.

The Director of the establishment, Mr. Hans Amsler, who has lived for some years in England, and knows English requirements and habits will gladly give any further information on application.

PAVILION OF SCHINZINACH



ORELLEFUS SLIG

Sulphurous thermal waters.

